



Testimony: H.B. NO. 5294 AN ACT CONCERNING NATUROPATHS.

Good Morning: Representative Steinberg, Senator Gerratana, Senator Somers, Representative Srinivasan, and esteemed members of the Public Health Committee. I want to thank-you for the opportunity to provide testimony on: **H.B. NO. 5294 AN ACT CONCERNING NATUROPATHS** on behalf of the Connecticut Nurses' Association (CNA). I am Mary Jane Williams Ph.D., RN current chairperson of Government Relations Committee for the Connecticut Nurses Association.

I speak in opposition to **H.B. NO. 5294 AN ACT CONCERNING NATUROPATHS.**

I have reviewed the National definition, standards and curriculum of Naturopathic physicians. I have included summary and website information for your review.

Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process. The practice of naturopathic medicine includes

modern and traditional, scientific, and empirical methods.

The following principles are the foundation of naturopathic medical practice:

- **The Healing Power of Nature:** Naturopathic medicine recognizes an inherent self-healing process in people that is ordered and intelligent. Naturopathic physicians act to identify and remove obstacles to healing and recovery, and to facilitate and augment this inherent self-healing process.
- **Identify and Treat the Causes:** The naturopathic physician seeks to identify and remove the underlying causes of illness rather than to merely eliminate or suppress symptoms.
- **First Do No Harm:** Naturopathic physicians follow three guidelines to avoid harming the patient: 1) Utilize methods and medicinal substances which minimize the risk of harmful side effects, using the least force necessary to diagnose and treat; 2) Avoid when possible the harmful suppression of symptoms; and 3) Acknowledge, respect, and work with individuals' self-healing process.
- **Doctor as Teacher:** Naturopathic physicians educate their patients and encourage self-responsibility for health. They also recognize and employ the therapeutic potential of the doctor-patient relationship.
- **Treat the Whole Person:** Naturopathic physicians treat each patient by taking into account individual physical, mental, emotional, genetic, environmental, social, and other factors. Since total health also includes spiritual health, naturopathic physicians encourage

individuals to pursue their personal spiritual development.

- **Prevention:** Naturopathic physicians emphasize the prevention of disease by assessing risk factors, heredity and susceptibility to disease, and by making appropriate interventions in partnership with their patients to prevent illness.

NATUROPATHIC PRACTICE

- Naturopathic practice includes the following diagnostic and therapeutic modalities: clinical and laboratory diagnostic testing, nutritional medicine, botanical medicine, naturopathic physical medicine (including naturopathic manipulative therapy), public health measures, hygiene, counseling, minor surgery, homeopathy, acupuncture, prescription medication, intravenous and injection therapy, and naturopathic obstetrics (natural childbirth).
- A licensed naturopathic physician (ND) attends a four-year, graduate-level naturopathic medical school and is educated in all of the same basic sciences as an MD, but also studies holistic and nontoxic approaches to therapy with a strong emphasis on disease prevention and optimizing wellness. In addition to a standard medical curriculum, the naturopathic physician also studies clinical nutrition, homeopathic medicine, botanical medicine, psychology, and counseling. A naturopathic physician takes rigorous professional board exams so that he or she may be licensed by a state or jurisdiction as a primary care general practice physician. Please see the [AANMC's Professional](#)

[Competency Profile](#) for more information.

Additional information on naturopathic schools can be found on the [American Association of Naturopathic Medical Colleges](#) Web site.

After very careful review of the curriculum at the University of Bridgeport I find the prerequisites and course of study rigorous. However, I find the absence of a theoretical course in Pharmacology with supervised application as appropriate in the clinical practicum with qualified supervision. Pharmacology related to pathophysiologic diseases requires Incorporation in every course with ongoing clinical application. At this time without adequate education in pharmacology we do not support the expansion of scope to include prescriptive authority.

Therefore, I urge you not to support to **H.B. NO. 5294 AN ACT CONCERNING NATUROPATHS until the curriculum modifications are in place and the individuals seeking expanded scope of practice meet the essential theoretical and practice requirements related to Pharmacology Theory and clinical application.**

Thank you

Mary Jane M. Williams PhD., RN

Chair, Government Relation, Connecticut Nurses Association

Professor Emeritus Central Connecticut State University

